
Trentham Gardens, Stoke-on-Trent

Sunday 29 April 2018, 11:00am

Event information

This sheet should cover all the details you should need to know for the Resolution Run. If there's anything else you'd like to know, please contact us on 0300 330 0740 or resolution@stroke.org.uk

The event will begin at **11:00am** at **Trentham Gardens**. The start/finish area is behind the Italian Garden Tea Room and will be well-signposted. Please note that there is a 10 minute walk to the start/finish area from the car park. If you have already registered to run there is no need to check in on the day but please arrive no later than 30 minutes prior to the start. There will be a warm up at 10:45am.

Providing the event has not reached capacity you can enter on the day if you haven't done so already. Registration will be open from 9:30am at the start/finish area.

Toilets are at the Start/Finish field, Italian Garden Tea Room and Lakeside Café (on route).

Spectators: Trentham Gardens are offering friends and family who would like to support you and spectate, a **50% discount on the entrance rate**. Please let them know at the entrance that you are spectating the Stroke Association Resolution Run.

Route & Rules

The 5k, 10k and 15k route consists of one, two or three laps of the circular lakeside path, alongside the River Trent, by the bird hide, through the cascading weir and along atmospheric woodland trails. The route is very mildly undulating taking on tarmac, trails, and grassed areas therefore it could be muddy underfoot. Signage and marshals will be at the appropriate points to direct you while running. We have tried our best to ensure the route is close to 5K as possible.

There will be one water station on route but please bring additional water if needed. If you wish to change distances on the day, please let our staff know at registration on arrival.

Please remember the gardens are open to the public so KEEP LEFT and respect other park users. This won't hurt your time, it won't stop you from getting a PB and it will make sure everyone continues to enjoy the event.

Things to remember:

- Wear your running number on your front and write your emergency details on the back.
- Advance entries will receive their number in the post by the Wednesday before the run – if it doesn't arrive don't worry, you can get a replacement on the day. There's no need to contact us.
- Please wear your Stroke Association running t-shirt. Keep the weather in mind though – you might want to wear this over a long sleeved top.
- As for your feet wear what you'll be comfortable in. If it's wet, sections may be muddy.
- Marshals will be in position on the route and will assist if needed – please follow their guidance.
- Please show respect to other park users and watch out for cyclists.
- No alcohol or illegal drugs should be consumed before or during the event.
- Please ensure any children with you are supervised at all times.
- There will be no bag drop area at the event. Please do not bring valuables with you.
- This is a fun run – so please remember to enjoy yourself!

Timing / Other info:

The run is chip timed and you will receive information about your finish time at the event. Please note this is no race clock at the end as timing comes from the chip timing system.

How to get there

Trentham Gardens, The Trentham Estate, Stone Road, Stoke-on-Trent, ST4 8JG (for Sat Nav)

By bus / train:

For information about getting to Trentham Gardens by public transport please see the Trentham Gardens website here: <http://www.trentham.co.uk/the-trentham-estate/how-to-get-here>

By car:

Please share if possible, and give way to pedestrians as you enter and exit the venue.

From M6 North or South: Exit junction 15 of M6. Follow A500 towards Stoke-on-Trent for 1 mile. Exit right at roundabout and follow A34 towards Stone. Trentham's main North Entrance is 1 mile on the right.

From The A50: At Stoke City Football Club. Exit left at roundabout and follow A500 for 1 mile. Exit left at roundabout and follow A34 towards Stone. Trentham's main North Entrance is 1 mile on the right.

Parking:

Parking is free at the Main North Entrance by the Trentham Shopping Village, Premier Inn and Main Entrance to Trentham Gardens.

Fundraising

Unfortunately we are unable to accept sponsorship money on the day, so please don't bring your sponsorship money with you. If you've used Justgiving your sponsorship money is sent to us on your behalf. If you have collected any sponsorship using the paper form there are three ways to send this to us after the event:

Call us: make your donation by debit or credit card. Simply call us on 0300 330 0740. Then post any signed sponsorship forms to us to allow us to claim an extra 25% on any donations eligible for Gift Aid.

Send by post: Send your donations and completed sponsorship forms to Resolution Run, Stroke Association, 1 Sterling Business Park, Salthouse Road, Brackmills, Northampton NN4 7EX

We process donations centrally to reduce costs – this won't affect where or how your donation is spent.

Pay into the bank: if you have cash donations, please get in touch for details on how to pay these into our bank account. Remember to post any sponsorship forms back to us so we can claim Gift Aid.

As you know, the registration fee you've paid goes towards the cost of running the event so all of the sponsorship money raised goes towards helping people affected by stroke and supporting their families. If you've decided not to collect sponsorship, we've enclosed a donation envelope in the hope that you might be able to give a donation towards the charity.

Stroke
association

YOUR NUMBER

is not included in your welcome pack.

It will arrive by the Wednesday before your run.

**Help us raise more with
JustGiving**

It's easy to share with friends and family on email and social media, so you'll reach more people and raise more for the Stroke Association.

Get started at www.justgiving.com